

Happiness

Happiness is something that we all seek but it can often be hard to find. Happiness can come in many different ways and from different things but generally it is the feeling of joy, contentment and general satisfaction and fulfilment in life. So it is not so much something that we can find, rather than something we can build. First we need to understand happiness and how it works.

The two main parts of happiness

If you are aiming for overall happiness you will need to have a look at two main areas within yourself.

- **Life satisfaction** – This is what it says on the tin. This is how satisfied you are with different areas of your life. This includes many things such as achievements, purpose, relationships, work, hobbies etc. many of these things can help contribute to your happiness, but not feeling happy with these areas will actively make it harder for you to achieve a good balance and find happiness
- **Balancing emotions** – Even the happiest of people will still experience feelings of sadness, anger, bad moods etc. and this is normal. This is something you will have less active control of, but this will be influenced by your life satisfaction. Happiness is generally linked to feeling more positive emotions than negative.

How will I know if I'm happy?

Happiness is completely subjective as different things will make different people happy. You may have it all and still not feel happiness, but why? Your version of happiness might be different to what we are lead to desire. Feeling happy will feel like:

- You're living the life you wanted
- That your life conditions are good
- That you have accomplished or will accomplish what you want in life
- You're generally satisfied
- Feeling generally more positive feelings than negative

Helping to turn a negative mind set into a positive

Sometimes we can get trapped in a negative mind set which can make our thought process negative, even though it doesn't need to be. We as humans have a natural bias to give more attention to the negatives than the positives. When you find yourself thinking this way, or giving negative thoughts time and attention to grow, then you should try to reframe these thoughts.

This isn't about ignoring them or trying to shut them out, it is about spending the time to think about them in a different way in which you could perhaps see the positive in it, or find the silver lining, or realise it's not all that bad. Negative thoughts can often be fleeting, but by spending the time to think about them you will often see that it's not all that bad.

Tricks to become happier

Each of these tricks can help you to feel more positive, content and generally happier. Each one requires some time and effort to work on. See below, each are linked to helpful articles:

- [Get regular exercise](#) – this is good for your body and mind
- [Gratitude](#) – Being grateful for what you have will allow you to become more content
- [Sense of purpose](#) – Having purpose will help you to feel more fulfilled
- [Avoiding negativity](#) – Work out the negative influences in your life

No easy task

There are many things in life that pose challenges to us and our happiness. Sometimes it might feel like happiness is out of reach. It isn't always easy to achieve, especially if things are hard, but by making small changes in your life it will help you to cultivate and improve on your happiness. The great thing about happiness, is that it gets easier to achieve and maintain the happier you get!

More information

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.